

# MBB BB FUNDAMENTALS

## “MOST IMPORTANT STEP FOR EACH FUNDAMENTAL”



IN THE TEACHING PROCESS EVERY “FUNDAMENTAL” IS BROKEN DOWN INTO A SERIES OF STEPS. EVERY STEP IS IMPORTANT FROM THE START TO THE FINISH. WHAT IS LISTED HERE AS THE MOST IMPORTANT IS ACTUALLY THE ONE THAT CONSISTENTLY IS NOT DONE BY MOST YOUNG PLAYERS AND NEEDS TO BE EMPHASIZED! REPETITION-REPETITION-REPETITION



THROWING: THROW AND FOLLOW (slide 2)



FIELDING: LOOK (slide 3)



BATTING: SQUISH/FOLLOW THROUGH (slide 4)



BUNTING: HAND AND BAT PLACEMENT (slide 5 & 6)



CATCHING: NEVER CATCH/RECEIVE IN THE SQUAT POSITION (slide 7 & 8)



PITCHING: PITCHING FOOTWORK (slides 9 & 10)



CUTOFFS: LINE YOURSELF UP & NEVER TAKE THE CUTOFF WITH YOUR BACK TO WHERE YOU ARE GOING TO THROW (slide 11)



# **THROW AND FOLLOW**

**In the last step of throwing (e) the trail foot ends up parallel to the front foot. Good practice for learning the skills of throwing. When a player cuts loose with a throw the momentum of the arm and body should take the player at least three steps in the direction of the throw. Most youth players and many adults do not follow their throws and as a result stop their arm motion and release the ball too soon and the ball sails high and away.**



# FIELDING AFTER CONTACT



**FIELD**



**LOOK**



**WAIST**

**PRIORITY WHEN FIELDING THE BALL IS TO GET DIRECTLY IN FRONT OF IT (BALL COMING DIRECTLY AT THE CENTER OF THE BODY) EITHER BY CHARGING FORWARD OR MOVING TO EITHER SIDE. GLOVE REMAINS OPEN TO THE BALL, BARE HAND IS FORWARD AND TO THE SIDE OF THE GLOVE. LEGS WILL BE SLIGHTLY WIDER THEN IN THE SET POSITION WITH FRONT FOOT SLIGHTLY AHEAD OF THE BACK FOOT. THE BACK (PIVOT) FOOT TOE LINED UP WITH THE FRONT FOOT HEEL. EYES TRACK THE BALL FROM BAT CONTACT ALL THE WAY INTO THE GLOVE.**

**AS THE BALL ENTERS THE GLOVE THE FIELDER CONTINUES TO LOOK AT THE BALL IN THE GLOVE AND THE BARE HAND IMMEDIATELY COVERS THE BALL.**

**THE HANDS BRING THE BALL TO THE WAIST (FINDING THE 4 SEAM GRIP AS THE BALL IS BROUGHT TO THE WAIST). IT IS HIGHLY RECOMMENDED IN THE TEACHING PHASE (DEVELOP GOOD HABITS) THAT PLAYERS CONTINUE TO WATCH THE BALL UNTIL THE HANDS SEPARATE FOR THE THROW.**



**READY  
LOAD  
SQUISH/SWING  
FOLLOW THRU**



## **SQUISH/SWING**



**SQUISH: BACK FOOT LIKE SQUISHING A BUG WITH YOUR TOES. WEIGHT REMAINS ON THE BACK FOOT, BUT THE BODY STARTS TO SHIFT FORWARD AS THE HANDS MOVE.**

**SWING: HANDS MOVE SLIGHTLY AFTER THE SQUISH. SNAP THE HEAD OF THE BAT (THE SWEET SPOT) AT THE BALL. THE BAT MOVES IN A DOWNWARD MOTION UNTIL IT REACHES THE PLATE, THEN LEVELS OFF THROUGH THE PLATE AND GRADUALLY BEGINS ON THE UP SWING IN THE FOLLOW THRU. EYES FOLLOW THE BALL. THE SHOULDERS MOVE WITH THE SWING, BUT THE HEAD DOES NOT MOVE.**

**EXPLODE**



# BUNTING FOOTWORK



**START IN BASIC  
BATTING STANCE**



**PIVOT ON THE TOES OF THE BACK FOOT (SQUISH THE BUG).  
PIVOT ON THE HEEL OF THE FRONT FOOT**



**“PIVOT”**

**PIVOT: QUICKER THEN THE SQUARE AROUND. DOES NOT SHOW “BUNT” AS SOON**



## BUNTING BAT ANGLE



**BAT PARALLEL TO THE GROUND:  
BETTER FOR BAT CONTROL AND  
BEST WHEN FIRST LEARNING TO  
BUNT**



**BAT HELD AT 45 DEGREE ANGLE:  
LESS CHANCE OF THE BALL BEING  
POPPED UP.  
SHOULD MASTER THE BAT PARALLEL  
TO THE GROUND BEFORE USING THIS  
METHOD**

# CATCHER STANCES



**SIGNAL\***

**\*NEVER RECEIVE IN  
THIS POSITION**



**RECEIVING  
(RELAXED)**



**RECEIVING  
(RUNNER(S)  
ON BASE)**



# SIGNAL STANCE



**FEET 6-12 INCHES APART**  
**TOES STRAIGHT AHEAD**  
**FINGERS TIGHT IN THE CROTCH**  
**(HIDES THE SIGNAL)**



**GLOVE OVER LEFT KNEE**  
**(HIDES THE SIGNAL FROM 3RD BASE COACH)**  
**SIT IN THE SQUAT POSITION**  
**(NEVER RECEIVE FROM THIS POSITION)**



## STRIDE



## RELEASE



## FOLLOW THRU



**F. WHEN THE PITCHER PUSHES OFF THE PITCHER'S PLATE WITH THE PIVOT FOOT IT IS THE FIRST TIME THE BODY MOVES IN A DIRECTION NOT DIRECTLY OVER THE PIVOT FOOT. AT THE SAME TIME THE LEAD FOOT STRIDES FORWARD AND THE HANDS SEPARATE.**

**G. THE LEAD FOOT HITS THE GROUND AND ALMOST SIMULTANEOUSLY THE BALL IS RELEASED AND THE PIVOT FOOT COMES OFF THE PLATE. MOMENTUM OF THE PUSH AND RELEASE DRIVES THE PIVOT FOOT (KICK THE BUTT) UP IN THE AIR.**

**H. IN THE NATURAL FOLLOW THRU THE PIVOT FOOT RETURNS TO THE GROUND APPROXIMATELY PARALLEL TO THE LEAD FOOT. GLOVE ENDS ON THE HIP, THUMB POINTED UP (SEE ARROW).**

# DISENGAGING THE PITCHING PLATE

## WINDUP POSITION



a

b

b



a

c

d

- a. TWO FEET ON THE PITCHING PLATE (THE NON PIVOT FOOT MAY BE BEHIND THE PITCHING PLATE. THE BALL MAY BE IN THE GLOVE, HAND OR BOTH.
- b. PITCHER STEPS BACK WITH THE NON PIVOT FOOT OR IF NON PIVOT FOOT IS ALREADY OFF THE PLATE ANY MOVEMENT OF THE NON PIVOT FOOT PRIOR TO BACKING OFF THE PLATE WITH THE PIVOT FOOT. THE PITCHER MUST CONTINUE TO PITCH TO THE BATTER. ANY STOP OR PAUSE PRIOR TO DELIVERING THE BALL WOULD BE A BALK.
- c. PITCHER STEPS BACKWARD WITH THE PIVOT FOOT.
- d. STEPPING BACKWARD IS NOT ENOUGH. THE PIVOT FOOT MUST TOTALLY DISENGAGE THE PLATE AND LAND ON THE GROUND BEHIND THE PLATE. FAILURE TO COMPLY IS A BALK.

**HIGH SCHOOL AND BELOW WHEN A BALK IS CALLED THE BALL BECOMES DEAD.**



# CUTOFFS



**Outfielder chases fly or ground ball**



**Outfielder fields ball**

**MI = MOST IMPORTANT**



**MI Cutoff person moves into position to line up the throw to the appropriate base. Receiver may help, but ultimately the responsibility to be in alignment is the cutoff persons !**



**Once in position hold arms up giving the thrower a target**



**MI DO NOT take the throw with your back to where you are going to throw.**



**Turn side ways to take the throw with your feet in line with where you are going to throw (pivot foot toward the thrower)**



**Lean toward the throw. Depending on the distance and/or strength of the arm catch the ball, hop and throw or catch on the pivot foot and throw with no steps.  
Remember to “throw and follow the throw”.**

